

Scintigraphy is an imaging technique used to evaluate the metabolic processes in the tissues and lesions of the human body. A small amount of radiolabelled substance will be injected into the patient to obtain an image. In the present case, it is a technetium-99m-labelled substance that builds up in the bones.

At the same time, a computer tomography (CT) will be performed, from which the resulting anatomical image will be combined with the scintigraphic image.

The test is indicated in the diagnosis of bone diseases.

Inform your doctor and medical staff if:

- you have experienced claustrophobia or the fear of enclosed spaces;
- you are pregnant, breastfeeding, or will come into close contact with children or pregnant women following the procedure;
- you are unable to lie still.

The test does not require special preparation.

The procedure:

The total duration of the test is about 4–5 hours. Before the test, a nurse will provide a detailed explanation of the procedure and inject the tracer. After the tracer is injected, it is recommended to drink up to 1 litre of fluids to accelerate the excretion of the unbound tracer through the kidneys.

After the tracer is injected, you should wait 2–4 hours until the tracer has accumulated in the bones. While waiting, you can temporarily leave the department with the consent of the staff of the Department of Nuclear Medicine.

During the recording, you will be asked to lie on your back on the examination table. The recording lasts a maximum of 1–1.5 hours.

After the test:

- eat normally; it is advisable to drink plenty of fluids to accelerate the excretion of the tracer through the kidneys;
- the results of the test will be sent to your treating physician within a week. If you have a doctor's appointment on the same or the next day, inform the medical staff about it;
- after the procedure, breastfeeding is usually interrupted for 24 hours, which means that the milk accumulated within 24 hours is removed with a breast pump and discarded. You will receive more detailed instructions from the staff of the department;
- if possible, avoid contact with children and pregnant women for more than 15 minutes at a distance of less than 1 metre on the day of the test.

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